

# NUTRITION

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## The Healthy Crunch of Cruciferous Vegetables

When you take a bite of broccoli, cabbage or any vegetable of the cruciferous family, you create a compound called sulforaphane. It has been shown that sulforaphane could trigger the production of enzymes (known as phase II enzymes) that detoxify carcinogens before they damage DNA. Biting breaks down plant cell walls, converting glucoraphanin, a compound present in cruciferous vegetables, into sulforaphane.

By eating foods rich in glucoraphanin, you can help mobilize your body's natural cancer-fighting activities. Although sulforaphane can also come from noncruciferous vegetables, such as carrots and green onions, it is primarily derived from broccoli, cabbage, and related vegetables. These include cauliflower, brussels sprouts, kale, mustard greens, rutabagas and turnips.

### Coaxing Out the Best Taste

If you are bothered by a bitter taste in cruciferous vegetables or their cooking odor, here are tips to make these highly beneficial foods appealing.

- Buy them during fall and winter. A frost sweetens them.
- Combine with other vegetables, like sweet onions, and red or yellow bell peppers.
- Steam briefly, then stir-fry in a bit of olive oil and garlic.
- Microwave to produce less of a cooking smell.

### Braised Cabbage with Apples

The apple juice concentrate makes this cabbage side dish surprisingly sweet.

- 1 small head of red or green cabbage (1  $\frac{3}{4}$  lbs.), quartered
- 1 Tbsp. canola oil
- 1 large onion, thinly sliced
- 1 cup fat-free, reduced-sodium chicken broth
- 2 Tbsp. Frozen apple juice concentrate, thawed
- 1 cup water
- 1 Granny Smith apple, peeled, cored and chopped
- Salt and freshly ground black pepper, to taste
- 3 Tbsp. Toasted walnuts, chopped (optional)

Cut each cabbage wedge crosswise into thin strips, stopping 2 inches above the bottom to avoid tough ribs. Set aside. In deep skillet, heat oil over medium-high heat. Sauté onion until soft, about 5 minutes. Stir in cabbage. Add broth, juice concentrate and 1 cup of water. Cover and simmer 15-20 minutes. Mix in apple. Season to taste with salt and pepper. Cover, and cook another 10-15 minutes. Sprinkle with toasted walnuts, if desired.

